St Vincent's Autumn Menu 2026

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Bolognese	Chicken Curry	Jacket Potatoes	Chicken Fillets	Tuna Bake
Allergies	**C**	**C**		**G**	**F/G/D**
Option 2	Fusilli Pasta/ Tomato Sauce	Vegetable Curry	Beans / Grated Cheese / Tuna Fillings	Vegetable Nuggets	Tomato Sauce
Allergies	**C**	**C**	**D/F**		**C**
Carbohydrate	Pasta / Savoury Rice	Basmati Rice / Couscous	Aubergine Parmagiana/ Cauliflower Cheese	Chips/ Vegetable Biryani	Penne Pasta
Allergies	**D / G**		**G/D**		**G**
Vegetable	Sweetcorn	Garden Peas	Salad Trolley	Salad Trolley	Sweetcorn
Dessert	Fresh Fruit	Fresh Fruit	Chocolate Cake	Fresh Fruit	Fresh Fruit
Allergies			**E/G**		
Week 2	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Option 1	Bolognese	Stir-Fried Chicken	Jacket Potatoes	Mexican Beef Tacos	Fish Paella
Allergies	**C**	**SO/G**		**C**	**G/F**
Option 2	Tomato Sauce	Stir-Fried Vegetable	Beans / Grated Cheese / Tuna Fillings / Mac & Cheese	Spiced Beans Tacos	Tomato Sauce
Allergies	**C**	**SO/G**	**D/F**	**C**	**G/D/ C**
Carbohydrate	Pasta / Rice	Eggs Noodles / Rice	Jacket Potatoes / Mac & Cheese	Grated Carrots Rice / Boiled Potatoes	Pasta / Rice
Allergies	**G**	**E/G/S**	**G/D**		**G/D**
Vegetable	Sweetcorn	Broccoli	Salad bar	Sweetcorn / Peas/ Salad Bar	Sweetcorn / Salad Bar
Dessert	Fresh Fruit	Fresh Fruit	Apple Crumble and Custard	Fresh Fruit	Fresh Fruit
Allergies			**D/G**		
Week 3	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Option 1	Beef Lasagne	Pork Sausages	Jacket Potatoes	Roast Chicken Drumstick / Gravy	Battered Fish / Chunky Chips
Allergies	**C/G/D**	**G**		**So**	**G/F**
Option 2	Fusilli Pasta/ Tomato Sauce/Vegetable Lasagne	Vegetarian Sausages	Beans / Grated Cheese / Tuna Fillings	Vegetable Fritata	Vegetable Goujons
Allergies	**C/G/D**	**G**	**D/F**	**E/D**	**G**
Carbohydrate	Pasta/ White Rice	Mashed Potatoes /Plain Rice	Jacket Potatoes / Lentils / Cottage Pie	Roasted Potatoes / Jollof Rice	Chips
Allergies	**G**	**D**	**D/C**		
Vegetable	Sweetcorn	Baked Beans/ Salad bar	Sweetcorn Peas/ Salad Bar	Seasonal Vegetables / Salad Bar	Garden Peas
Dessert	Fresh Fruit	Fresh Fruit	Vanilla Ice cream	Fresh Fruit	Fresh Fruit
Allergies			**D**		

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Bolognese	Pork Sausages	Jacket Potatoes	Mexican Beef Tacos	Cod Fish Pie
Allergies	**C**	**G**			**F/D/G**
Option 2	Tomato Sauce	Vegetarian Sausages	Beans/ Grated Cheese / Tuna Fillings	Spiced Beans Tacos	Tomato Sauce
Allergies	**C**	**G**	**D/F**		**C**
Carbohydrate	Pasta / Rice	Mashed Potatoes / Rice	Jacket Potatoes / Mac & Cheese	Basmati Rice/ Corn Tacos	Penne Pasta
Allergies	**G**	**D**	G/D		**G**
Vegetable	Sweetcorn	Baked Beans/ Salad Bar	Salad Trolley	Garden Peas/ Salad Bar	Sweetcorn
Dessert	Fresh Fruit	Fresh Fruit	Steamed Caramel Cake / Cream	Fresh Fruit	Fresh Fruit
Allergies			G/D/E		
Salad Bar 3/4 different type of salads					
Chilled water ***The carbohydrate is incorporated in the whole dish unless otherwise stated.***					
Allergies	**G = Gluten**	**F = Fish**	**C = Celery**	**Mo = Molluscs**	**Su = sulphur dioxide and sulphites**
	D = Dairy	**Cr = Crustaceos**	**M = Mustard**	**L = Lupin**	**N = Peanuts and Tree nuts**
	E = Eggs	**S = Seaseme**	**So = Soyabean**		